



"There is no chance, no destiny, no fate, that can circumvent or hinder or control the firm resolve of a determined soul." -Ella Wheeler Wilcox

Don't Complicate Things

The main reason that you're not happy with your weight is because of what you eat.

It's hardly your fault.

Have you ever stopped to notice how many times you're bombarded by food marketing each day?

Ads come at you from magazine pages, T.V. commercials, on websites and billboards, each boasting of cheap, convenient and tasty ways to cure your hunger.

The question "What's for dinner?" has never been more complex than now.

Extensive menu options and large entrees have distorted your concept of a proper meal, and before you know it you've fallen into the trap of the chain restaurant, the drive thru, and the take-out line.

But wait – truly healthy eating is simple.

First you need to block out the blizzard of food marketing around you.

Remember that advertisers want your money, and they don't stop to consider if the food they promote will expand your waist – that's your job.

It's safe to say that, with few exceptions, any food that you see marketed should be avoided. When was the last time you saw an ad for grilled white fish, steamed broccoli and a side of brown rice?

So what does truly healthy eating look like?

A healthy meal contains lean protein, fresh vegetables and a modest serving of whole grains.

Just as importantly, a healthy meal does NOT contain:

- Refined sugar / corn syrup
- Fried / fatty food

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Chicken Quinoa Stir Fry



Here is a simple, wholesome meal that is ready in 30 minutes – perfect for busy weekday dinners. There's no reason to hit the take out line when you have this quick and delicious recipe on hand. Eating simple, wholesome meals like this and exercising regularly will get you to your goal weight.

Servings: 4

Here's what you need:

- Full fat dairy food
- Processed food with chemical additives

Healthy Breakfast

Breakfast is the most important meal of the day. What you decide to eat when you first wake up will set the tone for the rest of your meals that day. Try these healthy options:

- Scrambled egg whites, sliced tomato and whole grain toast
- Whole grain oatmeal, sliced fruit and a protein shake
- Homemade breakfast sandwich: Multi-grain English muffin with lean turkey slices and egg

Healthy Lunch

It is important to plan your lunch ahead of time in order to avoid turning to a fast food joint or vending machine. Pack your lunch the night before and carry it with you. Try these healthy options:

- Dark baby greens topped with chopped chicken breast and diced tomatoes
- Albacore tuna (packed in water), mixed with finely chopped cucumber over brown rice
- Homemade sandwich: Sprouted grain bread with lean turkey slices, lettuce, tomato and mustard

Healthy Dinner

Dinner is the meal where most people splurge and eat far more calories than they should. Eating at home is the first step in reducing your dinnertime calories. Try these healthy options:

- Grilled white fish, sautéed spinach and whole wheat couscous
- Baked chicken breast, steamed broccoli and brown rice
- Try the recipe for Chicken Quinoa Stir Fry below

While healthy eating is a huge factor in achieving your ideal weight, exercise is the other half of the equation.

Your exercise routine should be challenging and should be done on a regular basis.

We know that you have more than enough in your life to think about without having to plan your own exercise routine. Leave that job to us—call or email today to get started on a personalized fitness program that will leave your body no choice but to shed those unwanted pounds.

Not Another Diet

When you eat a simple, healthy diet you'll never again be tempted to try the latest fad diet to drop a few pounds. Choose to eat lean proteins, seasonal vegetables and whole grains and avoid sugar, fried food and processed carbohydrates on a daily basis and enjoy living life at your ideal weight.

- 1 cups cooked quinoa
- 1 tsp olive oil
- 1/2 onion, chopped
- 1 clove garlic, minced
- 1/2 red bell pepper, chopped
- 1/2 green bell pepper, chopped
- 1/2 yellow bell pepper, chopped
- 1 ear of corn, kernels cut from cob
- Handful of asparagus stalks, cut into 1 inch pieces
- 2 cups baked chicken breast, cut into small cubes
- 1 can of organic black beans, drained and rinsed
- splash of lemon juice
- splash of lime juice
- dash of salt and pepper
- splash of soy sauce
- 1/4 cup fresh parsley, finely chopped

1. Cook the quinoa and set aside. Place a large saucepan over medium heat. Add the oil, onion and garlic. Sauté for about 3 minutes. Add the bell peppers, corn and asparagus, cook until the vegetables are tender. Add the chicken and beans, cook for another 10 minutes, adding the rest of the ingredients.
2. Place a serving of quinoa on each plate and top it with the vegetable mix.

Nutritional Analysis: One serving equals: 293 calories, 5g fat, 32g carbohydrate, 4.6g fiber, and 29.4g protein.

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